

# Nut Milk

Homemade nut milk is easy, relatively inexpensive and, best of all, you can use the oils, sweeteners, flavorings as you like...or leave them out for a clean, simple food. Basically, it just takes a 1-10 hour soak, a few minutes of blending, a good drain and squeeze through a fine bag or layers of cheesecloth.

Filberts (hazelnuts) can be substituted for almonds. 99% of US grown filberts are from the Willamette Valley. Trees can bear nuts for up to 100 years with many of the local orchardists being 3rd or 4th generation. Besides their earthy, pungent, almost musty flavor which is enhanced by toasting, an important reason to eat more filberts and fewer almonds is their method of pollination. Bees are trucked long distances to pollinate almond orchards, essentially migratory workers under stressful work conditions, while filberts are completely wind pollinated. You can visit serene, beautifully maintained filbert orchards while driving about 30 miles east of Eugene on Highway 126 along the McKenzie River.

If you're a filbert geek like me check out this article:

<https://www.theatlantic.com/magazine/archive/1996/04/nuts-i-love/376571/>

## Ingredients

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- 1 cup raw filberts (hazelnuts) or almonds, soaked
- 3 ½ cups water
- 2-4 Medjool dates (optional), pitted
- 1 whole vanilla bean or 1/2 teaspoon vanilla extract
- ¼ teaspoon cinnamon (optional)
- small pinch fine sea salt

## Method

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Place almonds in a bowl and cover with a couple inches of water. Soak the almonds in water overnight (about 8 to 10 hours). For a quick-soak method, soak the almonds in boiled water for 1 hour. Rinse and drain well.

Place drained almonds into a blender along with the water, optional pitted dates and chopped vanilla bean. If using vanilla extract, add it after blending and filtering.

Blend on the highest speed for at least one minute.

Place a nut milk bag over a large bowl and slowly pour the almond milk mixture into the bag. Gently squeeze the bottom of the bag to release the milk. This process can take a few minutes.

Rinse out blender and pour the milk back in. Whisk in the optional cinnamon and sea salt. Add vanilla extract now if using it.

Using a funnel, pour into a large glass jar and secure lid. Store in the refrigerator for up to 3 to 4 days. I recommend storing in the coldest spot in the refrigerator (typically the back) rather than on a door. Shake the jar very well before drinking as the mixture separates with sitting.

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## Notes

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**Food safety lesson:** Commercial nut or seed milks may contain sugar, salt, gums, flavors, and emulsifiers lecithin and carrageenan (derived from a red algae, *Chondrus crispus*/Irish Moss). If you have chronic inflammation or chronic GI distress I recommend going off all carrageenan-containing foods for a month or two to learn if you are one of the folks whose inflammation is fired up by carrageenan.

Reading labels is a really good idea. To help with the carrageenan avoidance, know what's in your packaged food or cook from scratch. Here's a helpful guide - <https://www.cornucopia.org/2012/05/shopping-guide-to-avoiding-organic-foods-with-carrageenan/>

For more on carrageenan, here's something from Andrew Weil, MD <https://www.drweil.com/diet-nutrition/food-safety/is-carrageenan-safe/>

**Source:** <https://ohsheglows.com/2013/01/24/my-favourite-homemade-almond-milk-step-by-step-photos/> (Yield: 3 1/2 cups)

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